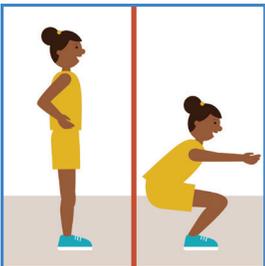
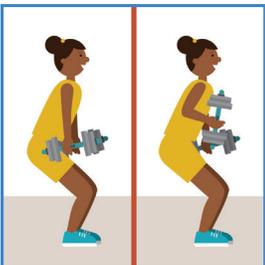


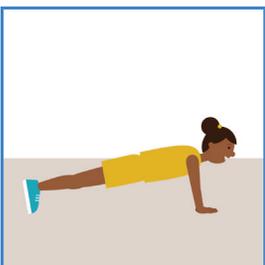
1. Curl de bíceps: 10 repeticiones por brazo



2. Sentadillas: 10 repeticiones



3. Remo alternado: 10 repeticiones por brazo



4. Plank: 10 segundos